AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions and listings of claims in the application:

Claims 1 - 86 (canceled)

Claim 87 (currently amended) A process for forming a mica-filled polypropylene or polypropylene polyethylene copolymer or blend extruded sheet comprising the steps of:

(a) forming an extrudable admixture of polypropylene or polypropylene polyethylene copolymer or blend resin and mica;

(b) extruding said extrudable admixture of polypropylene or polypropylene polyethylene copolymer or blend resin and mica at elevated temperature;

(c) passing the resulting extruded admixture of polypropylene, polypropylene polyethylene copolymer, or blend resin and mica through a multiple roll stack, at least one roll of said roll stack having a matte finish;

(d) passing said extruded admixture of polypropylene, polypropylene polyethylene copolymer, or blend resin and mica at least partially around said roll having a matte finish;

(e) controlling the speed of said extrusion process, the size, temperature, and configuration of said roll stack such that the surface of said extruded

admixture of polypropylene, polypropylene polyethylene copolymer, or blend resin and mica in contact with said matte roll has a matted structure; and

(f) recovering an extruded sheet comprising a polypropylene or polypropylene polyethylene copolymer or blend and mica moieties, said sheet having a matted surface.

Claim 88 (currently amended) The extruded sheet prepared according to the process of ~~claim 85 or~~ claim 87.

Claim 89 (new) A microwaveable, food contact compatible, disposable, rigid and strong, mica-filled polyolefin container, wherein the polyolefin is selected from the group consisting of polypropylene and polypropylene polyethylene copolymer or blend, and a mixture of these, and wherein the container is formed by a process comprising the steps of:

(a) forming an extrudable admixture of the polyolefin resin and mica;

(b) extruding said extrudable admixture of the polyolefin resin and mica at elevated temperature;

(c) passing the resulting extruded admixture of the polyolefin resin and mica through a multiple roll stack of rolls, at least one roll of said stack having a matte finish;

(d) passing said extruded admixture of the polyolefin resin and mica at least partially around said roll having a matte finish;

(e) controlling the speed of said extrusion process, the size, temperature, and configuration of said roll stack such that the surface of said extruded admixture of the polyolefin resin and mica not in contact with said matte roll has a coarse-grained structure;

(f) thermoforming said extruded admixture of the polyolefin resin and mica; and

(g) recovering a container having a micronodular surface and a rough surface and exhibiting a melting point of no less than 250°F, said container being dimensionally stable and resistant to grease, sugar, and water at temperatures up to about 220°F and having sufficient toughness to be resistant to cutting by serrated flatware.

Claim 90 (new) The microwaveable, food contact compatible, disposable, rigid and strong, mica-filled polyolefin container according to claim 96 wherein the container is a plate.

Claim 91 (new) The microwaveable, food contact compatible, disposable, rigid and strong, mica-filled polyolefin container according to claim 96 wherein the container is a cup.

Claim 92 (new) The microwaveable, food contact compatible, disposable, rigid and strong, mica-filled polyolefin container according to claim 96 wherein the container is a bowl.

Claim 93 (new) The microwaveable, food contact compatible, disposable, rigid and strong, mica-filled polyolefin container according to claim 96 wherein the container is a tray.

Claim 94 (new) The microwaveable, food contact compatible, disposable, rigid and strong, mica-filled polyolefin container according to claim 96 wherein the container is a bucket.

Claim 95 (new) The microwaveable, food contact compatible, disposable, rigid and strong, mica-filled polyolefin container according to claim 96 wherein the container is a soufflé dish.

Claim 96 (new) A process for the manufacture of a microwaveable, food contact compatible, disposable, rigid and strong container comprising an extruded sheet consisting essentially of an admixture of polyolefin, mica and pigment thermoformed by application of vacuum into the shape of a container; wherein said polyolefin is chosen from at least one of polypropylene and polypropylene polyethylene copolymer or blend; said container further exhibiting:

(a) a micronodular surface on at least one side of the container surface; and

(b) a melting point of no less than about 250°F; said container being dimensionally stable and resistant to grease, sugar, and water at temperatures up to

about 220°F and of sufficient toughness to be resistant to cutting by serrated polystyrene flatware comprising;

(a) heat softening an extruded sheet consisting essentially of an admixture of polyolefin selected from the group consisting of polypropylene, polypropylene polyethylene copolymer or blend, and mixture of these, mica, and pigment, wherein the heat softening of the extruded sheet is conducted at a temperature of at least about 265°F; and

(b) vacuum forming the container in a mold controlled to form a micronodular surface of the container not in contact with the mold surface.

Claim 97 (new) A process for the manufacture of a microwaveable, food contact compatible, disposable, rigid and strong container comprising an extruded sheet consisting essentially of an admixture of polyolefin, mica and pigment thermoformed by application of vacuum into the shape of a container; wherein said polyolefin is chosen from at least one of polypropylene and polypropylene polyethylene copolymer or blend; said container further exhibiting:

(a) a micronodular surface on at least one side of the container surface; and

(b) a melting point of no less than about 250°F; said container being

dimensionally stable and resistant to grease, sugar, and water at temperatures up to